

# ORDERS & DELIVERIES

# DELIVERY DATE



Our full range of sandwiches, wraps, rolls and baguettes are presented on smart marble effect trays all cut up in to bite size pieces.

Either choose from our complete list or leave the selection to us by just giving us the number of people and the quantity per head. We will always include a vegetarian selection unless specified. So please call us on **636857**, go online to **www.mangetout.je** and use our online order form, email us direct or email us this form to **orders@mangetout.je**

## YOUR ORDER

Number of people

1 round per person 5.50

1 1/2 rounds per person 8.25

How many per person would you like? - (just tick)

Please tick

Just sandwiches

Just wraps

Just rolls

Just baguettes

Full selection

What would you like?

### A BAG OF FRUIT

1.20 per person  
No of people

A selection of apples & bananas delivered in a bag.

### STRAWBERRIES & GRAPES

7.50 per tray (4 servings)

A selection of strawberries & grapes delivered as a tray for 4 people

### Breakfast

How many?

Warm Danish 2.40  
some contains nuts\*

Mini Danish (2 srv) 2.40  
some contains nuts\*

Croissant 2.00

Pain Au Chocolate 2.20

Bacon Roll 4.50

### FRUIT POTS

3.05 per person  
No of people

Mini individual fruit salads with a stick to eat them.....

### SALAD POTS

Mini mixed green salad pots - 3 flavours

3.05 per person  
No of people

Sweet Chilli Tuna

BBQ Chicken contains nuts\*

Feta & Seeds

### PINCHOS

6.95 per person  
No of people

Similar to Spanish tappas. Lemon tuna, curry chicken, Parma ham & melon, mozzarella & sun blush tomato and feta & peppers

11.45 am

12.00 pm

12.15 pm

12.30 pm

## SALADS

£ QTY =

**BBQ Chicken**  
with bean sprouts & peanut chilli brittle contains nuts\*

6.50

**Curry Chicken Noodle** with mango chutney dressing contains nuts\*

6.50

**Beetroot, Feta & Walnut Salad** & MT dressing—contains nuts\*



6.50

**Mediterranean Tuna** with Spelt Toast & leaves

6.50

**Roast Squash & Houmous Salad** with toasted seeds



6.50

**MT Nicoise Salad** with egg, tuna, cherry toms, olives, sesame roast green beans & a lemon vinaigrette.

6.50

### WHOLE FOOD BURRITO BOWL

6 beans salad, kale slaw, brown rice with corn & peppers, sesame roast peppers, sesame roasted green beans & MT Dressing

CHOOSE A TOPPER BELOW

**Feta & Roast Squash**



6.50

**BBQ Chicken**

6.50

**Chicken & Chorizo Pesto Pasta** with Parmesan shavings contains nuts\*

4.85

**Satay Noodle** with mange tout, soy beans & peanuts contains nuts\*



4.85

**Mini Fruit Pot**

3.05

**Fruit salad**

3.75

**Mini yogurt pot**

2.45

**Sweet Bites**

3.20

**Kettle crisps**

1.40

**Walkers crisps**

1.25

EMAIL to **orders@mangetout.je** the day before.

MINIMUM ORDER IS £30 WITH DELIVERY CHARGES OF £5.00 WITHIN ST. HELIER & £10.00 OUTSIDE ST. HELIER.  
ORDERS OF £50.00 & ABOVE ARE DELIVERED FREE OF CHARGE.

ANY QUESTIONS PLEASE CALL :

OUR OFFICE : 636857

IFC 5 : 491264 - NEW ST : 729860

SAND ST : 769635 - CONWAY ST : 789645

## ORDER TOTAL

Comments, Instructions, Special Requests

NAME-

TEL-

COMPANY-

DATE: